

TUTTION WE ARE BACK!! ALL ARE WELCOME!

DON'T MISS OUR ANNUAL CRUSADER CHRISTMAS AT

NOTRE DAME HIGH SCHOOL!

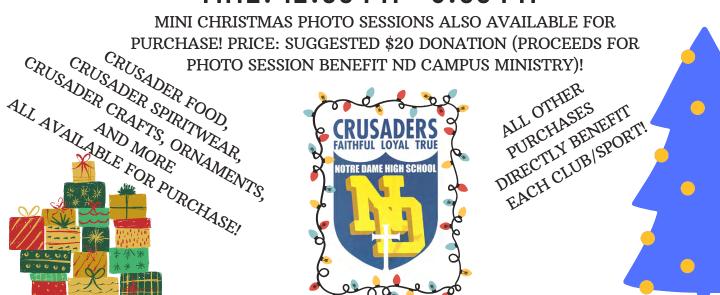
SKIP THE LINES AT THE STORES! DON'T WAIT FOR ONLINE SHIPMENTS! WE HAVE ALL OF YOUR CRUSADER GIFTS HERE FOR CASH/CHECK AND CARRY!

Support our sports and clubs as we come together and give back to the community!

WHEN: DECEMBER 3, 2023

WHERE: NOTRE DAME HIGH SCHOOL GYM

TIME: 12:00 PM - 3:00 PM



CYO Coaches Clinic

All coaches must attend this clinic within the 1st year of coaching in order to remain eligible to coach. This clinic is required one time only and costs \$25.00.

Updates will be provided when registration is available.

The clinics for 2023-2023 are as follows:

Saturday, October 21, 2023 9:00 AM to 12:00 PM

Registration Deadline: October 16, 2023

St. Thomas More Family Center 1040 Flexer Avenue Allentown, PA 18103

Saturday November 11, 2023 9:00 AM to 12:00 PM

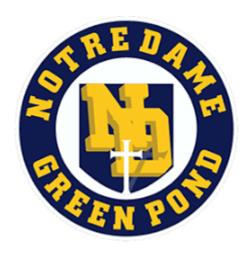
Registration Deadline: November 6, 2023

St. Benedicts Parish 2020 Chestnut Hill Road Mohnton, PA 19546

Saturday, March2, 2024 9:00 AM to 12:00 PM

Registration Deadline: February 26, 2024

Our Lady of Perpetual Help 3221 Santee Road Bethlehem, PA 18020



Notre Dame Middle School SOFTBALL 2024 Registration

Notre Dame Middle School Softball is the feeder program for the Notre Dame High School Varsity Girls Softball Team.

Notre Dame Middle School Softball is available to all 7th and 8th grade girls attending any Diocesan school. It's a great opportunity to have fun, meet new friends and learn/play the game of softball!

- Registration opens 10/31
- Winter workouts begin in mid-December and include:
 - Speed & Agility Training
 - Strength & Conditioning Program
 - Hitting & Fielding Instruction
- Official season begins in early March and runs through early May
- Coaching staff includes former & current coaches from Northwest Explosion &
 PA Batbusters

^{**}To sign up or for more information, please text or email Head Coach Rebecca Borsuk at 570-269-8869 or borsuk@gmail.com**



NOW ENROLLING CRUSADERS CLASS OF 2028!

Notre Dame High School is accepting applications for incoming freshmen for the 2024-2025 school year.





Email: mkopp@ndcrusaders.org

OR Call: 610-868-1431 x1108 for more information

Visit: https://ndcrusaders.org/admissions/apply-today/







THE LOLLIPOPS ARE BACK!



The Saint Jane's gourmet lollipop fundraiser is back!

NJHS officers are raising money for Dream Come True and this fundraiser is a big help! We are selling these pops for \$1 each and would love for you to order some!

*please return all forms back to school with your child/children by Friday, November 10th

Number of Lollipops:	Student Name:
Amount being Paid:	Student's Homeroom:
Cash or chec	:k:
*please make checks payable to Saint	Jane Frances de Chantal School and it would really

All lollipops will be distributed to your child during their lunchtime!

help if you put loose money in an envelope or ziploc bag. Thank You!!*





VS.



FRIDAY, FEBRUARY 2ND 7:05PM



ST. JANE FRANCES DE CHANTAL SCHOOL NIGHT AT THE PHANTOMS!

NAME:
CELL PHONE NUMBER AND EMAIL ADDRESS:
(ALL TICKETS WILL BE TEXTED TO THE NUMBER OR EMAILED PRIOR TO THE GAME)
NUMBER OF TICKETS:
(TICKETS ARE LOCATED IN THE LOWER LEVEL)
X \$22.00 =\$
(CASH & CHECK MADE PAYABLE TO ST. JANE'S HSA)

ALL ORDERS MUST BE IN TO YOUR CHILDS

HOMEROOM TEACHER

(ATTN CONNOR DRISCOLE 2B)

NO LATER THAN
THURSDAY, JANAURY 4TH!

ST. JANE SCHOOL

RETAKE PICTURE DAY

December 1, 2023

It's right around the corner!

To prepay for your order go to:

ORDERS.CHRISTMASCITYSTUDIO.COM

and enter your School Code: STJANE23

PREPAY EXPIRES AT MIDNIGHT ON PICTURE DAY, orders placed after prepay expires may incur shipping fees.



CHRISTMAS CITY STUDIO

3200 Farmersville Rd., Bethlehem, PA 18020 christmascitystudio.com • 610.691.2109



Sudden Cardiac Arrest Education and Information

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

If not treated within minutes, SCA results in death. The normal rhythm of the heart can only be restored with defibrillation, an electrical shock that is safely delivered to the chest by an automated external defibrillator (AED).

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness:
- lightheadedness;
- · shortness of breath;
- · difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);

- fatigue (extreme tiredness);
- weakness;
- nausea;
- · vomiting; and
- chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

What is the best way to treat Sudden Cardiac Arrest?

- Early Recognition of SCA
- Early 9-1-1 access
- Early CPR
- Early Defibrillation
- Early Advance Care

Act 59 - the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student athletes safe while practicing or playing. The Act requires:

- Any student athlete who has signs or symptoms of SCA must be removed from play.
 The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I acknowledge that I have review SCA.	red and understand the symp	d the symptoms and warning signs of	
SIGNATURE		DATE	
PRINTED NAME			
Parish/School Name	Location	Distric	



Toys for Tots!

We have begun our collection of unwrapped toys for the U.S. Marine Corps - Toys for Tots Campaign here in Easton. If you send in a toy, have your child stop in the office. Mrs. Korp or Mrs. Civitella has a small thank you from the Marine Corp to share. We will accept **new unwrapped toys and unused toys (no stuffed animals)** now through December 15th. Thank you again for your generosity to this wonderful organization.

Collection boxes are in the cafeteria of Father Farrell Hall and outside of Mrs Okula's office.